

IMEC (Marie Cobel) with "Friends"
October 23, 1984

Session 37: Obtaining the Conscious Awareness

Extended Summary: The previous material is difficult to understand. It is mingled with the projections of the Earth plane. We have demonstrated that the same information and experience with the creative consciousness expresses itself throughout history. Those who have written about this experience have used the concepts and understanding of their time and thus the telling of the experience is limited.

As one seeks to understand conscious awareness their first source of information is to observe their own mental processes. Seeking and receiving their own guidance, or the inner knowledge, one will discover that they are not their physical bodies, that consciousness exists independent of the physical. Next, there exists with the physical body, a mental body. The mental body could say, "I have an emotional body." As the consciousness recognizes its separateness from the physical body in its total, the next step is to realize that the physical body seems to be controlled by processes that work independently from the consciousness.

Imagine a tube as the energy system of the mental body. The tube is filled with energy and as one produced a concept or idea it attaches to the tube to gain energy. In the same way that you consume food to sustain your physical body, then it attaches to the tube where it receives nourishment. Information, concepts, words, and ideas enter the tube, attach to the wall, and receive energy from it. As the wall of the tube became covered with concepts receiving energy, some of the concepts would group together, some would layer on top of others. A great amount of energy from the mental body would be spent in support of these layers of thought forms. Visualize the entire tube being covered with layer upon layer of thought forms and concepts. There would come a time when a new idea would be very difficult to take hold and receive energy from the tube. Instead, it would attach to other thought forms' systems. If enough of a single type of thought forms are in agreement, then it could be said that someone is obsessed with an idea or thought form or belief system. This single idea would gain in energy and slowly gain control. It would have the ability to reject new thought forms that are not in agreement with itself. These thought forms take on an existence that is on another level from consciousness. It begins to function independently becoming a system. Its survival depends on the mental energy in the tube of the mental body.

This same process happens with feelings in the emotional body. Visualize a tube structure that will represent the emotional energies of the emotional body. The emotional body is that structure that expresses itself in the form of feelings. Feelings are defined here as "knowings" that are other than a concept. As the energy of the entity interacts with the environment, the tube of the emotional body would be the first point on the triangle of creation. As the emotional body interacted with projections, which is energy on the physical Earth plane, the projections would attach to the wall of the emotional body. The projection can be visualized as a round ball of unsupported energy that would fade into non-existence unless it is provided energy. The projection then would draw energy from the substance of the emotional body. The emotional body would then lose some energy to the projection. As the energy from the emotional body is now sustaining the projection, then you would have an emotion or a feeling. Moving forward through life, you accumulate many feelings that are attached to emotional projections that are attached to the tube wall of the emotional body. Visualize the wall of the tube being completely covered with previous emotions. New emotions would then enter the tube and only be able to attach to other emotional projections. These first emotions are drawing from the source energy and now

additional emotional balls are drawing from the previous layer, receiving their sustaining energy not from the source but from the changed energy from the layer or layers between it and the wall of the emotional body. So, one emotion may be dependent on the energy of another emotion. Visualize the many layers of emotions accumulated over time and the complex interactions between them, that the layers of emotions could trigger a series of emotions that may not be directly related to the initial stimulus of the situation. That a person may overreact to what appears to be a small situation.

If one had a traumatic experience early in life the feelings and memory of that experience would form close to the wall of the tube and be the basis of many other emotions. When you experience a stimulus, you experience the feeling that is on the exterior of the layers. This feeling may be far removed from the actual source energy. Thus, it is possible that you do not receive the true emotional experience of the physical world. Rather, you get a distortion layered through many associated emotions and associated memories. The emotional body is then blocked as the true source energy of the emotion and the feelings experienced in the physical body are distorted. This same type of process happens in the mental body in the form of concepts. The concepts are layered between the source of the information and the concept laden information you receive. You are receiving information from the concepts and not the true source. This same process is taking place in the physical body in the form of digestion. When you consume food and go through the process of digestion there can arise issues. You may have a physical reaction to a food: pleasant, unpleasant, or it is undigested. In an emotional situation you may have an emotional reaction. In a mental situation you may have a mental reaction. In the tube there is material that is necessary for proper digestion of the situation. It is the source energy that flows from the wall. A new food, concept, or emotion needs to draw energy for the source energy to be properly digested and expressed. This is the process by which new material is gained and real change can take place.

The emotional body has a great range of expression on the Earth plane. It has the ability to have a level of understanding that is different than the mental body. To feel does not necessarily mean to reach highs of great joy and depths of despair. There is a totality of feeling that is a balance between the highs and lows. Once experienced it can be expelled as an understanding in the form of creativity. The emotional body would express itself not through outburst of joy or anger but rather through creativity expressed in physical reality. It is possible to visualize that the mental body exists within the physical body, that the mental body can exist within each cell of the physical body. In each cell is a miniature tube of energy. One for the mental energy, one for the emotional energy body, and these are contained in the physical body. So, these three energy bodies work together. While these are discussed separately, they are each a part of each other. The emotional body and the mental body produce the physical body. The mental body could not exist on the physical plane without the physical body. The mental and physical body would not be complete without the emotional body. One needs the physical body for manifestation on the physical plane. The understanding of the three bodies allows you gain insight of their interdependence, understanding how the misinterpretation of earlier experiences, projections, concepts, and trauma filter you from the source of having a true experience. This is the path if your goal is to seek more freedom of thought and feeling – if you seek to gain a greater control of your body's reactions to the environment and truly enjoy what life has to offer.

Gaining control of your own thoughts, feelings, and physical body will allow you to have the ability to experience new thoughts and feelings as they flow through to the source energy. Rather than having these external concepts and projections attach to your tubes, you would recognize the process. You would have the experience and watch them flow through your energy fields rather than allow them to create an attachment to you. You would then see that your emotional tubes and the mental tubes are free of attachments. You would be free of the filters and secondary

energies. Visualize the tubes empty of the thought balls and the emotional balls connected to the tubes and draining the source energy. Visualize the vibration of words, concepts, and projections from the outside world as they enter your energy field and flow through you to the source energy. These pass through you without attaching but the interaction with your energy would create a consciousness, a knowing. It would exit your being as pure knowledge. It would not exit you as a projection and cause a misrepresentation. This is how to experience the pure knowledge and the pure knowing. Soon there would be the continual flow of pure knowledge, pure emotion from your being. The objective is to not allow the projections to become attached to the tubes, to allow them to flow through your being. You are able to have the interaction of the energy to experience without the attachments. Then one would be in a continual state of receiving new information. One could flow between realities and universes. One could retain the knowledge of the other realities but not in the form of attachments.

Report by Daniel Erickson

Edited by S. Solomon